

# An Ounce of Prevention *Keeps the Germs Away*



**Many infectious diseases can be prevented by following seven simple and inexpensive steps.**



## **WASH YOUR HANDS OFTEN**

*Frequent hand washing is one of the best ways to prevent the spread of infectious diseases.*



## **USE ANTIBIOTICS APPROPRIATELY**

*Antibiotics don't work against viruses such as colds and flu. Unnecessary antibiotics can be harmful. Antibiotics should be taken exactly as prescribed by your health care provider.*



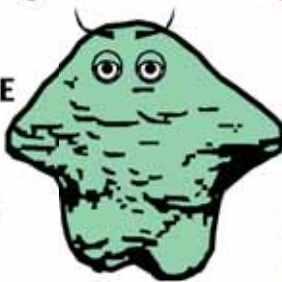
## **ROUTINELY CLEAN AND DISINFECT SURFACES**

*Cleaning with soap, water, and scrubbing removes dirt and most germs. However, disinfecting kills germs on surfaces, providing an extra margin of safety.*



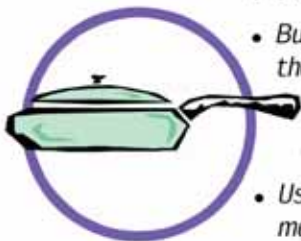
## **KEEP PETS HEALTHY**

*Pets should be adopted from an animal shelter or purchased from a reputable pet store or breeder. Pets should be routinely cared for by a veterinarian.*



## **HANDLE AND PREPARE FOOD SAFELY**

- Buy perishable foods at the end of your shopping trip.
- Store food properly.
- Use care when preparing meals and cook foods well.
- Cool and promptly store leftovers.



## **AVOID CONTACT WITH WILD ANIMALS**

*Wild animals can transmit deadly diseases to you and your pets. Keep your house free of wild animals by not leaving any food around and by eliminating possible nesting sites.*

## **GET IMMUNIZED**

*Getting immunizations is easy, inexpensive, and can save lives. Make sure you and your children get immunizations as recommended by your health care provider.*



**CDC**  
Centers for Disease Control and Prevention

Centers for Disease Control and Prevention  
National Center for Infectious Diseases  
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